Optimism & Resiliency Wisdom

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Health Promotion Program

Navy Environmental Health Center
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Perpetual optimism is a force multiplier.

~ Colin Powell

the secrets of the stars or sailed to an uncharted land or

opened a new heaven to the

human spirit.

~ Helen Keller

Man never made any material as resilient as the human spirit.

~ Bern Williams

I am not discouraged because every wrong attempt discarded is a another step forward.

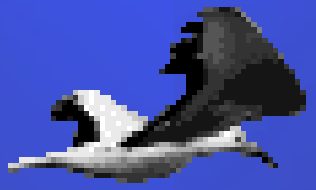
~ Thomas Edison

Fall seven times,
stand up eight.

~ Japanese Proverb

Again I rise!

~ Maya Angelou



Go within every day and find the inner strength so that the world
will not blow your candle out.

~ Katherine Dunham

He’s a million rubber bands
in his resilience.

~ Senator Alan Simpson

He who has health has hope; and he who has hope, has everything.

~ Arabian Proverb

"Our greatest glory is not in
never failing, but in rising every time we fall.

~ Confucius

Keep going. There is always a chance that you will stumble onto something terrific. I have never heard of anyone stumbling over anything while he was sitting down.

~ Charles Kettering

Optimists do not put off happiness until they reach the finish line.
They enjoy pursuing their goals daily.

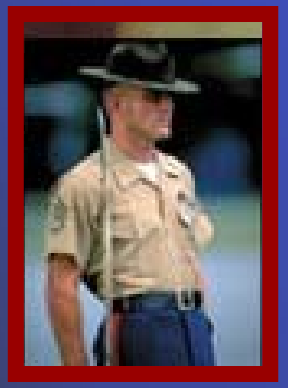
~ Dr. Michael Miller

Make the most of the best and the least of the worst.

~ Dr. Gary Rosberg

Believe that you have it and you have it!

~ Latin Proverb



The power that makes grass grow, fruit ripen and guides the bird in flight, is in us all.

~ Anzia Yezierska